

Community Discussion Series

Let's Talk About Mental Health with International Students



International and Exchange Student
Services Task Force 2021-22

Sponsored by

Diversity Abroad's Inclusive Advising for
International Student and Exchange Professionals eLearning
Course

International and Exchange Student Task Force



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Session Overview



- Discuss approaches for improving mental health and wellbeing among international students
- Identify barriers that inhibit international students from seeking support around mental health concerns
- Explore what our offices can do to best support our international student population
- Provide tools and resources that are available and/or effective when speaking with international students about mental health concerns

Disclaimers

Today's conversation will not be all encompassing.

Our language and our perspectives will be biased.

We hope to answer questions offered up by attendees to deepen our discussion.

Sponsor

Inclusive Advising for International Student & Exchange Professionals eLearning Course – Diversity Abroad

- A foundational understanding of diversity, equity, and inclusion in global education;
- An understanding of how inclusive best practices in International & Exchange Student Services can be integrated throughout the educational continuum;
- A better understanding of how social identity can impact an international student's experience;
- New vocabulary to facilitate self-reflective conversations with colleagues and students around social identity;
- A toolbox of resources and information applicable to International & Exchange Student Services support.

Additional Resources

- [Supporting Inclusive Excellence with International Student Services](#) – Diversity Abroad community discussion
- [Creating Inclusive Programming to Foster A Sense of Belonging for International Students](#) – Diversity Abroad

Insights into the Field

- [Common Factors of Mental Health Challenges Among International Students](#) – NAFSA

What's Next?

- **Full Recording of Community Discussion**
 - Added to D&I Resource Center for Members
- **PowerPoint Presentation**
 - Sent to All Participants
- **Opportunity to Contribute**
 - Global Inclusion Conference [Call for Proposals](#) open until April 22
 - Global Impact Exchange [Call for Article Proposals](#) open until March 21



Contact Us



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